Extra nice with almonds, spice

Apple honey cake gets flavour boost from Indian spices PAGE 9

TV TRANSPLANT

DR. HORRIBLE'S SING-ALONG BLOG, A HIT ONLINE MUSICAL STARRING NEIL PATRICK HARRIS, IS MAKING ITS TV DEBUT ON CW THIS FALL PAGE 6

REGINA
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Wednesday, August 1, 2012
News worth sharing.
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BRONZE, BRONZE, BRONZE

Canadian Olympic athletes, from left, judoka Antoine Valois-Fortier, diving duo Roseline Filion and Meaghan Benfeito, and weightlifter Christine Girard, all captured bronze medals at the London 2012 Olympics, Tuesday.
For more Olympic coverage, see pages 11 & 12. VALOIS-FORTIER: GETTY IMAGES; FILION AND BENFEITO: THE CANADIAN PRESS; GIRARD: GETTY IMAGES

No more CWB monopoly

In what feds call a historic change, western farmers can now sell their grain outside of the CWB — but not everyone is on board with the idea PAGE 2

Lights out all over India

More than 600 million people were left without government-supplied electricity yesterday after three regional grids collapsed PAGE 3

Dreading that age-old question

Total Recall's Kate Beckinsale wonders why the media is so obsessed with her age PAGE 6

Canadian fun on the cheap

With just a month left for summer vacation, check out five ways to enjoy good times across the country without going broke PAGE 8

Phelps breaks medal record

Gold and silver medals on Tuesday make U.S. swimmer Michael Phelps the most successful Olympian of all time PAGE 11

NEWS 1

Feds say CWB changes will give farmers 'marketing freedom'

Historic change.
Wheat and barley producers will be able to sell their products outside monopoly

MORGAN MODJESKI
Metro in Saskatoon

Gerry Ritz, federal minister of agricultural and agri-food was in Saskatoon Tuesday afternoon to mark what the federal government says is a historic change for farmers in Western Canada.

Twelve hours before what's been called, "marketing freedom day," Ritz explained these changes would enable wheat and barley farmers to sell their product as individuals outside of the Canadian Wheat Board's monopoly, starting Wednesday.

"As we speak, farmers from across the prairies are on the road to Kindersley where tomorrow, we will officially mark the beginning of marketing freedom in Western Canada," said Ritz. He explained farmers will now have the freedom to "market their wheat germ and barley as they want, when they want, to whom they want and for the price they desire."

WITH FILES FROM THE CANADIAN PRESS

Down the road

Wheat board fans say that change will be viewed as a mistake

While there are groups in favour of the change, some farmers are saying future generations will look back and see it as a negative.

"Every company in the world operating in a competitive market wants to get a monopoly, because if they can get a monopoly, they can charge more money," said Bob Roehle, co-ordinator of Friends of the Canadian Wheat Board.

"I suspect down the road, a lot of farmers are going to look back and say, 'Why did we let this happen?'"

Roehle, like other supporters of the CWB, says that without it, farmers will be at the mercy of industries like the railways and international grain companies. METRO

Federal minister of agriculture and agri-food, Gerry Ritz, was in Saskatoon Tuesday afternoon for the countdown to "Marketing Freedom" day. He spoke in the Atrium Building at the University of Saskatchewan's Innovation Place.
MORGAN MODJESKI/METRO

Parker and Kyle advance to quarter-final with women's soccer team

Kaylyn Kyle, left, and Melissa Tancredi, top, celebrate Tancredi's goal with teammates during a women's soccer match against Sweden in Newcastle, England, on Tuesday during the London Olympics. SCOTT HEPPELL/THE ASSOCIATED PRESS

The Canadian women's soccer team and its Saskatchewan contingent of Kaylyn Kyle and Kelly Parker have propelled themselves to the quarter finals at the London Olympics following a 2-2 draw against Sweden.

Now sitting with a 1-1-1 tournament record, the equalizer was good enough to advance the seventh-ranked Canadians past the preliminaries.

The tie did not come easily for Canada, however. Just 14 minutes into the game, Canada found themselves staring a two-goal deficit in the face.

Sweden's Marie Hammarstram and Sofia Jakobsson both snuck shots past Canadian keeper Erin McLeod. Canada recovered, finding redemption in Melissa Tancredi, who scored both of Canada's goals in the 44th and 84th minutes.

Kyle saw 15 minutes of field time against Sweden and was substituted in for Jonelle Filigno in the match's 75th minute. Parker squeezed in two minutes of play and replaced Sophie Schmidt in the 88th minute.

Kyle thought the comeback was a testament to the team's resilience.

"It showed we will fight. We want to go far in this tournament and we've shown we can. It was a shock that we had gone behind (early) because we were playing so well," said Kyle.

Kyle also commended Sweden's strategy in the tie. "They played a great defensive block so to break it down you need to wait for the chances. We executed our game plan," she added.

The two teams have often tied in past international play and Canada boasted a 3-1-12 record over No. 4 ranked Sweden heading into the game.

Canada will collide with the United Kingdom in the Olympic quarters on Aug. 3.

DORIAN GEIGER/METRO IN SASKATOON

Mobile news

Water polo athlete Rosanna Tomiuk may not have qualified for the London Olympics, but her tribute to Team Canada is definitely worthy of a medal. Scan the code to watch her musical shoutout to Canada's Olympians.

127-year tradition

Queen City Ex gets underway

The Queen City Ex opens its gates Wednesday, continuing a tradition that dates back 127 years. This year the fair runs until Aug. 5 and features many of the same past rides, including the Zipper, Spinout and Tilt. A new ride called Spidermania will also be featured.

Entertainment during the fair at the Molson Canadian Grandstand will include acts such as Trooper, Finger Eleven and Carly Rae Jepsen, singer of the unrelenting hit Call Me Maybe. Outdoor attractions include the Wanted Aerial Thrill Show at the Co-operators Centre North, and the SaskTel Thrills Zone, which can be found at the Credit Union EventPlex Parking Lot. METRO

Fatal assault

Montreal Lake victim named

The RCMP have named a man found lying on the side of the roadway in the community of Montreal Lake on July 28. Norman Casey Stamp, 45, from Montreal Lake Cree Nation was found unconscious and had sustained injuries to his head due to an assault. Stamp was taken to hospital but passed away Monday due to his injuries. An 18-year-old man has been arrested and charged. METRO

Lloydminster

Man opens fire outside court

A man is accused of firing a flare gun, a pellet pistol and throwing an axe at RCMP outside the courthouse in Lloydminster.

Police say the distraught man was to appear in court Monday morning on child pornography charges when he opened fire on the officers. Mounties say they did not return fire but cleared people from the courthouse and followed the man when he left the area in a car. He was later arrested without incident. NEWCAP BROADCASTING/THE CANADIAN PRESS

Pay up!

Judge orders 9-11 compensation

A U.S. judge says al-Qaida, the Taliban and Iran should pay $6 billion to relatives of Sept. 11 victims for aiding in the 2001 terror attacks in New York. It's largely symbolic since it would be nearly impossible to collect damages.
THE ASSOCIATED PRESS

Girls tortured

Early release for pedophile's ex

The ex-wife of a notorious pedophile who aided her husband's horrific abuse and murder of young girls — and who let two children starve to death while her husband was in jail — was approved Tuesday for early release from prison, infuriating the victims' parents and reopening a dark chapter in Belgian history.

Michelle Martin, who is now 52, received a 30-year prison term in 2004 for not freeing girls her then-husband Marc Dutroux held captive behind a secret door in their decrepit, dirty basement in Marcinelle, 40 miles south of Brussels.

Dutroux, 55, is serving a life sentence.
THE ASSOCIATED PRESS

GPS signal sent

Canoeist struck by lightning

An Ontario woman is recovering from injuries after she was struck by lightning while canoeing in Manitoba. RCMP say a group of women and girls on an organized camp trip were going to shore when the 23-year-old woman was struck. THE CANADIAN PRESS

G20 lawsuits

Arrests a little hairy for women

Women claiming to have been profiled because of their hairy legs are among a group planning to serve a $1.4-million claim against Toronto police. Some of the plaintiffs believed they were arrested at the 2010 G20 Summit because of their leg hair. THE CANADIAN PRESS

Prison time possible

Sexual harassment a crime in France

France's Socialist-dominated parliament has approved legislation that makes sexual harassment a crime. In other countries, sexual harassment is a civil offence usually punishable by fines.
THE ASSOCIATED PRESS

Massive Indian power failure spreads to over half the country

Demand soaring.
Worry spreads that outdated infrastructure is unable to meet the growing demand

India's energy crisis cascaded over half the country Tuesday when three of its regional grids collapsed, leaving more than 600 million people without government-supplied electricity in one of the world's biggest-ever blackouts.

Hundreds of trains stalled across the country and traffic lights went out, causing widespread traffic jams in New Delhi. Electric crematoria stopped operating, some with bodies half burnt, power officials said.

The massive failure — a day after a similar, but smaller power failure — has raised serious concerns about India's outdated infrastructure and the government's inability to meet its huge appetite for energy as the country aspires to become a regional economic superpower.

Power Minister Sushil Kumar Shinde blamed the new collapse on states taking more than their allotted share of electricity.

"Everyone overdraws from the grid. Just this morning I held a meeting with power officials from the states and I gave directions that states that overdraw should be punished. We have given instructions that their power supply could be cut," he told reporters.

The new power failure affected people across more than a dozen states — more than the entire population of the European Union. The blackout was unusual in its reach, although its impact was softened by Indians' familiarity with frequent blackouts and the widespread availability of backup generators for major businesses.

Shinde said officials were working to get power restored as quickly as possible.

The outages came just a day after India's northern power grid collapsed for several hours.

Indian officials managed to restore power several hours later, but at 1:05 p.m. Tuesday the northern grid collapsed again, said Shailendre Dubey, an official at the Uttar Pradesh Power Corp. in India's largest state.

About the same time, the eastern grid failed and then the northeastern grid followed, energy officials in those regions said. The grids serve more than half India's population.

In West Bengal, express trains and local electric trains were stopped at stations across the state of West Bengal on the eastern grid. Crowds of people thronged the stations, waiting for any transport to take them to their destinations.
THE ASSOCIATED PRESS

Quoted

"The situation is very grave. We are doing everything to restore power."
West Bengal Power Minister Manish Gupta

A barber holding a candle gives a customer a haircut at his shop in Kolkata, India, Tuesday. India's energy crisis cascaded over half the country, Tuesday, when three of its regional grids collapsed, leaving 620 million people without government-supplied electricity for several hours in, by far, the world's biggest blackout.
BIKAS DAS/THE ASSOCIATED PRESS

Do you remember?

Some notable power outages around the world:

- **Nov. 10, 2009:** Storms near the Itaipu hydroelectric dam on the Paraguay-Brazil border are tentatively blamed for outages that cut power to as many as 60 million people in Brazil for two to three hours.
- **Aug. 18, 2005:** An imbalanced power grid kicks power plants offline in Indonesia and leaves almost 100 million people in the dark, many for more than five hours.
- **Aug. 14, 2003:** Power line problems in the Midwest trigger a cascade of breakdowns that cut power to 50 million people in eight states and Canada, some for more than a day.
- **Nov. 9, 1965:** The Great Blackout knocks out power for 25 million people in northeast North America. It inspires the popular film, "Where Were You When the lights Went Out?"

FOR THOSE OF US WHO MISSED THIS IN KINDERGARTEN

JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

I don't know if I learned everything I needed to know in kindergarten, but there was lots of useful stuff, like waiting until the bathroom break to go pee.

Other stuff I'm still not sure about, like "some think it's candy but it's not," and "cheaters never prosper."

The first one we'll save for another column, but the cheaters line always causes me to go hmm. If that's true, why do so many people cheat?

Never mind the consequences, what's the value of the experience?

This is the question that must be going through the minds of the various cheaters who weren't paying attention in kindergarten. Almost everyone cheats, even though it's a hollow experience. Apparently, it beats the hollow experience of authentic existence. Maybe you have to go to graduate school to learn that one. Existentialism 101.

Kristen Stewart, Little Miss Cheatie. GETTY

Yet, they still do it. Although anti-doping officials plan to run 6,250 doping tests at the current Summer Olympics, at least nine athletes (so far) thought they could beat the odds and have been caught and sent home, the latest being the proverbial Albanian weightlifter. Don't they have kindergarten in Albania?

Then there's that cheating vampire Kristen Stewart, who thought she could bite the wrong neck despite the fact that she's routinely surveilled by more cameras than a London subway platform.

Jonah Lehrer, El Cheato. HANDOUT

Or how about Jonah Lehrer, the bright young journalist who resigned from the New Yorker this week after he got caught making up Bob Dylan quotes. "Who's Jonah Lehrer?" tweeted Dylan, who should talk. He stole Ramblin' Jack Eliot's voice. But then Ramblin' Jack was something of a cheat as well. He came across all Ramblin' Jack, folksy and wild-western, when in fact his real name was Elliot Charles Adnopoz and he grew up in Brooklyn.

Did Ramblin' Jack or Bobby ever stand up and say they cheated, that they weren't really itinerant troubadours who learned their art and wisdom on the highway? Uh, no. But making up quotes from an influential singer-songwriter, that's cheating. And if you weren't so busy nose-mining in kindergarten, you would know that.

Kip Litton, the marathon cheater. COURTESY MLIVE

The Father of All Cheats, a dentist named Kip Litton from Michigan, made up an entire marathon and placed himself first in it. Rosie Ruiz, the famed Boston Marathon cheat, had nothing on this guy. As well as the bogus West Wyoming marathon, Kip has cheated his way into Boston, and despite an exposé in this week's New Yorker (irony alert!) he's still going!

Cheaters never prosper. They also never give up. Didn't learn that in kindergarten, so it must be genetic.

Love the written word? Get lost!

GETTY IMAGES

Literary art

Labyrinth of books makes for twisted tunnel

If you are a lover of the written word, you'll be amazed by this labyrinth.

Brazilian artists Marcos Saboya and Gualter Pupo used 250,000 books to create it.

The installation at Britain's Southbank Centre is a part of the London 2012 Festival, a three-month-long cultural event held concurrently with the Olympics.

METRO

Book worm

- **Inspired by a literary great.** Brazilian artist Gualter Pupo said the installation's design is based on the fingerprint of Jorge Luis Borges, one of Latin America's greatest writers. "He was almost a library himself," Pupo joked.
- **Maze's meaning.** Is it a maze or a bibliophile's dream? Pupo said the idea behind this interactive installation is to gaze at the covers and read the books, all to rekindle the power of literature first experienced in childhood. "People have to look at literature and remember how it builds our character and personality," he said. About the concept of a maze, the artist profoundly added: "You need to get lost in order to find your right way."
- **Book sources.** Pupo said that about half of the books were donated by British charity group Oxfam, with the rest provided by numerous book publishers. Pupo, director of non-profit production company Hungry Man, said all the books will be donated back to charity after the exhibition ends on Aug. 26.

In numbers

50

volunteers a day for a three-week period were needed to assemble the 250,000-book-strong labyrinth, which is more than 500 square metres in size.

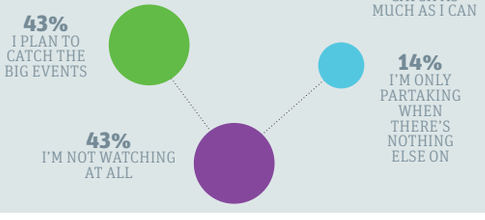
Online

Check out a time-lapse video of the 'booklayers' making the maze at metronews.ca.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How closely are you watching the Olympics?


43%
I PLAN TO CATCH THE BIG EVENTS
0%
I'M RISING EARLY TO CATCH AS MUCH AS I CAN
14%
I'M ONLY PARTAKING WHEN THERE'S NOTHING ELSE ON
43%
I'M NOT WATCHING AT ALL

Twitter

@casmitty:
Is it sad or impressive that I recognize several of the #YQR airport employees from my many travels by plane? #VacationTweets

@Prairiepiper:
we should rename the new city square in #yqr to Fiacco square. Let's not forget the leader who was on the vanguard of this super project!

@PrestonTaylorS:
Back in #Regina! Never felt so good to be back in the #Crime capital of #Canada! Oh yeah!

@Feztickle75:
This city used to be full of handymen in old crazy blue minivans; prosperity means that they now own trucks #skpoli #yqrvotes

@PollardRick:
Cons' agriculture policy based on ideology rather than good economic sense, farmers will pay price http://ndp.ca/hhSeB #cdnpoli #skpoli

metro
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Patent trial. Apple attorney claims Samsung copied iPhone technology

An attorney for Apple told a jury Tuesday that bitter rival Samsung faced two options to compete in the booming cellphone market after Steve Jobs introduced the iPhone to critical acclaim in 2007: Innovate or copy.

Samsung chose to copy, making its smartphones and computer tablets illegal knockoffs of Apple's popular products, attorney Harold McElhinny claimed.

Samsung "has copied the entire design and user experience" of Apple's iPhone and iPad, McElhinny told a jury during his opening statement at the patent trial involving the world's two largest makers of cellphones.

In his opening statement, Samsung attorney Charles Verhoeven countered that the South Korean company employs thousands of designers and spends billions of dollars on research and development to create new products.

"Samsung is not some copyist, some Johnny-come-lately doing knockoffs," he said.

Verhoeven asserted that Apple is like many other companies that use similar technology and designs to satisfy consumer demands for phones and other high-tech devices.

For example, he said several other companies and inventors have filed patent applications for the rounded, rectangular shape associated with Apple products. THE ASSOCIATED PRESS

Tech tussle

- A verdict in Apple's favour could send a message to consumers that Android-based products such as Samsung's are in legal jeopardy.
- A verdict in Samsung's favour, especially if it prevails on its demands that Apple pay its asking price for certain transmission technology, could lead to higher-priced Apple products.

Lowe's builds case for Rona takeover

A man carries building supplies from a Rona store in Toronto on Tuesday. Rona Inc. has rejected a $1.76-billion unsolicited takeover offer from U.S.-based Lowe's Companies, which says it's still interested in buying Canada's largest home-improvement chain, issuing a statement that said institutional fund managers controlling about 15 per cent of Rona's stock have expressed support for the acquisition. NATHAN DENETTE/THE CANADIAN PRESS

Planned budget carrier worries pilots

Air Canada pilots are concerned that the airline's launch of a low-cost carrier could threaten their job security and working conditions, the union said Tuesday as the plans came closer to fruition after an arbitrator sided with the airline in a labour dispute.

A federal arbitrator chose Air Canada's final offer Monday, imposing a five-year collective agreement that includes, among other things, provisions allowing the airline to create a budget carrier.

The airline says the agreement, effective until April 2016, will give it the flexibility it needs to compete with budget carrier WestJet, which operates mostly domestic flights and doesn't have Air Canada's issues with union and pension woes.

"It's no secret WestJet has a fairly significant cost advantage over Air Canada, so we need to create a vehicle that will be competitive," said Air Canada spokesman Peter Fitzpatrick.

Air Canada pilots protest in front of the company's annual meeting in Calgary in June. THE CANADIAN PRESS

Air Canada's top executives have said the launch of a discount carrier is a top priority, but details on plans are sparse.

Although Air Canada's offer indicates the low-cost carrier will employ workers from the Air Canada Pilots Association, the union's president says it will be "under drastically different terms of employment." THE CANADIAN PRESS

Market Minute

DOLLAR
99.71¢ US (-0.11¢)

TSX
11,664.71 (-93.17)

OIL
$88.06 US (-$1.72)

GOLD
$1,610.50 US (-$9.20)

Natural gas: $3.209 US (-1¢)
Dow Jones: 13,008.68 (-64.33)

Neil Patrick Harris' Dr. Horrible Sing-Along Blog is being picked up by the CW network. HANDOUT

A look behind the CW curtain

TV critics press tour. The CW announces adding Neil Patrick Harris online hit, and teases other upcoming network projects

AMBER RAY
Metro World News

Dr. Horrible's Sing-Along Blog, Joss Whedon's three-part musical starring Neil Patrick Harris, Nathan Fillion and Felicia Day, officially makes its television debut on Oct. 9 at 9 p.m. on The CW, the network announced at the Television Critics Association press tour in Beverly Hills, Calif., this week.

The Internet hit, about a budding super villain (Harris), was created during the Writers Guild of America strike and first ran online in 2008. Mark Pedowitz, President of The CW, admitted he's a big fan of the musical, and said he proactively touched base with Whedon to get Dr. Horrible on The CW.

"I made the phone call. I said, 'would you like it on television?" Pedowitz told journalists. Pedowitz explained that the series will be re-edited for time constraints, so what viewers will see is "basically what's been online."

As for additional Dr. Horrible stories, Pedowitz is eager to bring any potential new episodes to The CW.

"Hopefully if Joss does another one, we'll get a crack at it," he said.

In other cult hit news, Pedowitz said the network would "love to do" a series based on the bloody, futuristic thriller Battle Royale, a Japanese film released in 2000 with a very Hunger Games-like plot: The government forces high-schoolers to fight to the death.

Though Pedowitz says he is a "big believer" in the show, particularly because of the movie's cult following and its dystopian plot, right now he says an adaptation is "at this point in time only in development.

"Not even in development. Only a phone call."

Regarding fantasy/sci-fi series that are returning to The CW, Pedowitz said the new season of The Vampire Diaries will (spoiler alert!) explore Elena's transition into a vampire.

"Does she follow Stefan's path or Damon's path?"

Considering the series' high body count, Pedowitz confirmed there will be new faces on Season 4.

"There are always new characters," he said. "And those who are dead can return."

Also at press tour, The CW announced that the winner of The Next, a singing competition that travels the nation searching for new talent, will be awarded a contract with Atlantic Records. Premiering Aug. 16 at 9 p.m., the series features mentors Nelly, Gloria Estefan, Joe Jonas and John Rich finding local talent, then bringing the singers to Los Angeles, where they will vie for viewers' votes during live performances.

The CW provided some spoilers about the new season of The Vampire Diaries. HANDOUT

Also announced

The next cycle of America's Next Top Model will be the series' first college edition, featuring 13 model wannabes who are enrolled in universities and trade schools across the country.

- **Season starts.** Also new to the series is a social media correspondent, fashion blogger Bryanboy, who will share comments and video messages from viewers during judging. The season premieres Aug. 24 at 8 p.m.

Kate can totally recall these questions

New movie. Kate Beckinsale laments being asked the same questions over and over again at junkets

NED EHRBAR
Metro World News

Kate Beckinsale has quite a ferocious presence in the new update on Total Recall, playing a government operative on the hunt for Colin Farrell's rogue agent with memory issues after working undercover as his doting wife. The trick to tapping into such a baddie, she reveals, is to play it like a hero.

Though you play the villain, you've mentioned that your character thinks she's the hero.

The thing is, if you're playing somebody who is mentally ill, you can't play mentally ill. If you play somebody as a villain, you end up twirling your mustache and that kind of thing. I do think people who do things that other people consider bad are feeling like they're doing the right thing. And I think she's also quite distracted by her own sort of emotional situation, which is that she's so highly trained and highly talented, and yet she's given this detail that's actually quite degrading, where you're that highly trained and you're basically pretending to be somebody's wife.

Kate Beckinsale stars in the remake of Total Recall. HANDOUT

I've noticed when doing press for your movies, you get a lot of the same questions, particularly about your age.

Were you there when (a reporter) asked me if I fantasize about playing Maggie Smith's parts? That was quite a stunning one. Is she not 87? I came back to my room and said, 'I wonder if Colin was asked does he fantasize about playing Mickey Rooney's parts?' Does that happen? Probably not. I must say, I do find that that's an obsession that seems to be quite rampant in the press, and it doesn't come up in my actual life so much. And then I get quite shocked when I come to press junkets and people are obsessed with it. It's almost like, 'How are you still going around with that wooden leg and the colostomy bag and the false teeth? How's it going?' It just seems so completely mad to me.

It's the other side of being an actress, really — taking these questions over and over, handling them with grace and humour. How do you do that?

I don't know if I think I'm necessarily very good at it because I feel like I'm far too honest most of the time. I keep hearing about these sort of seminars that other actors have done to figure out how to deal with it, and I was never offered it, told about it — it's too late now, anyway. I do think that my instinct is to be open and treat it as if I am genuinely having a conversation.

On the Web

Former American Idol finalist Kimberley Locke wants to judge the popular singing competition

Arnold Schwarzenegger and Maria Shriver

Schwarzenegger ranch available at a discount

Arnold Schwarzenegger and Maria Shriver are still looking to unload their 24-acre Santa-Barbara-area ranch and have reduced the price again, according to Radar Online.

The sprawling estate — former owners of which include Clark Gable, Jimmy Stewart and John Wayne — has been on the market since January and is now being offered for $4.495 million US.

Schwarzenegger and Shriver purchased the property in 2008 for $4.7 million. Despite taking a potential loss on the sale, Shriver is reportedly eager to unload it.

"She thinks the land has bad energy," a source says. "Maria's a very spiritual person and she doesn't want any negativity in her life, especially after everything she went through, so she just wants it gone from her life."

That "everything" the source refers to includes Schwarzenegger's admission that he maintained an affair and fathered a child with a member of their household staff.

Fred Willard

ABC drops Willard improv show after arrest

Two weeks after Fred Willard was arrested in an adult theatre for indecent exposure, ABC has decided not to air the final two episodes of his improv show, Trust Us With Your Life, according to the Associated Press. Willard was previously let go from a show on PBS, Market Warriors, immediately after the arrest.

Whole crew to strip down for Lohan topless scene

Lindsay Lohan will apparently go topless on camera, but there are some interesting conditions.

According to TMZ, before stripping down for a steamy sex scene in her latest project, the Canyons, Lohan insisted the crew do the same, leading to the scene being filmed by about 10 men in their underwear.

Wearing even less, though, was Lohan's co-star, adult film actor James Deen, who likely didn't take much issue with removing his clothes.

Lindsay Lohan

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

What's his name? Snoop Lion

THE WORD
Monica Weymouth
scene@metronews.ca

We expected that Snoop Dogg would change his name again at some point. The rapper — who was born Calvin Cordozar Broadus, Jr., christened himself Snoop Doggy Dogg, then dropped the Doggy — was at least one reincarnation behind Diddy.

What we didn't expect was that we'd be calling him Snoop Lion. The new name comes after a trip to Jamaica, where he visited with Rastafarian priests.

"I want to bury Snoop Dogg, and become Snoop Lion," Snoop revealed at a news conference in New York. "I didn't know that until I went to the temple, where the High Priest asked me what my name was, and I said, 'Snoop Dogg.' And he looked me in my eyes and said, 'No more. You are the light; you are the lion.' From that moment on, it's like I had started to understand why I was there."

Since when did Snoop start to sound like your too-touchy yoga teacher? That's a question for another day.

For today, we ask you this: What is Justin Bieber's spirit animal?

Lindsay Lohan
Spirit animal: Capuchin monkey.
Because no other animal is known to both chain smoke and steal.

Justin Bieber
Spirit animal: Chipmunk.
The high voice, the admirable scrappiness, the built-in racing stripes: Chipmunk DNA is one diamond earring removed from Bieber's building blocks.

Taylor Swift
Spirit animal: Gazelle.
So graceful, so delicate, so innocent. And yet, we'd be really afraid to fall in her pen.

Tom Cruise
Spirit animal: Cockatoo.
Perfectly coiffed and dead behind the eyes, both of these unnerving creatures have learned to speak gibberish while mimicking humans.

Katie Holmes

Holmes doing 'really great' since divorce, source says

It's been a month since Katie Holmes filed for divorce from Tom Cruise, and apparently the lifestyle change is working out for her. "She's doing really great. She's so strong, she's an independent girl with her own ideas. She is fine," a source close to Holmes tells Us Weekly.

Holmes has also reportedly been spending more time with 6-year-old daughter Suri. "She wants to really become a parent and start teaching her strong discipline," another source says, explaining that Holmes realized the young girl had become "very demanding and bratty."

Son of late Dennis Hopper accused of rape

Henry Hopper

Some heavy accusations have been leveled against actor Henry Hopper, the 21-year-old son of the late Dennis Hopper. According to legal documents obtained by TMZ, the mother of an unidentified 16-year-old girl is suing Hopper over allegations he plied the girl with drugs and alcohol and raped her in his Venice, Calif., home after the two began communicating via Facebook in 2011. The suit claims that once the girl was intoxicated, Hopper "engaged in sexually offensive conduct with her," including sexual intercourse, forced oral copulation and sodomy. The mother is suing for unspecified damages.

Twitter

@pattonoswalt
If you're selling bed sheets at a Chevron, you probably don't need to bother announcing the thread count.

@marcmaron
I'm fasting to prepare for my trip to Chicago this weekend because I'm going gorge myself there.

@SteveMartinToGo
There's a new reality show on NBC called "The Olympics." The judges need to bicker more and berate the contestants.

@AlbertBrooks
Enjoying Olympics. Just found out the high jump has nothing to do with how you watch it.

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LIFE 3

On the web

Reopened 100-year-old Japanese Garden brightens Southern California's Huntington Library.

5 cheap summer activities

Summer is the peak time for Canadian families to go on vacation, but let's face it; the cost of hotels, food and fun can blow your budget. With only a handful of weeks left before the kids go back to school, here's five suggestions for cheap day getaways in Canada.

MAE GIFFORD
travel@metronews.ca

1 Ride around Stanley Park in Vancouver

Estimated cost: $125-150 for a family of four to rent bikes for half a day

A popular pastime for locals and tourists, renting bikes and sailing around the park's stunning seawall never gets old because you discover something new every time. The park is full of famous landmarks so create a fun (and free!) scavenger hunt by searching for each one.

2 Raft down Calgary's Bow River

Estimated cost: $10 to $55 for four to six people

Most Calgarians agree there's no better way to spend a hot summer day than drifting along the Bow River. This activity is free if you already own or can borrow a raft but the cost to rent a six-person floater is $55. Bring some drinks and snacks and you're laughing. Don't forget sunscreen and life jackets.

3 Soak up the sun on Grand Beach, Manitoba

Estimated cost: $10-$50 for a family of four

Nestled on the eastern shore of Lake Winnipeg, Grand Beach features three kilometres of beautiful white sand. Located within a provincial park, there's a lot of affordable activities to do including hiking, bird watching and camping. Pack a picnic lunch and enjoy it while relaxing on a beach blanket.

4 Take a deep breath on Toronto's islands

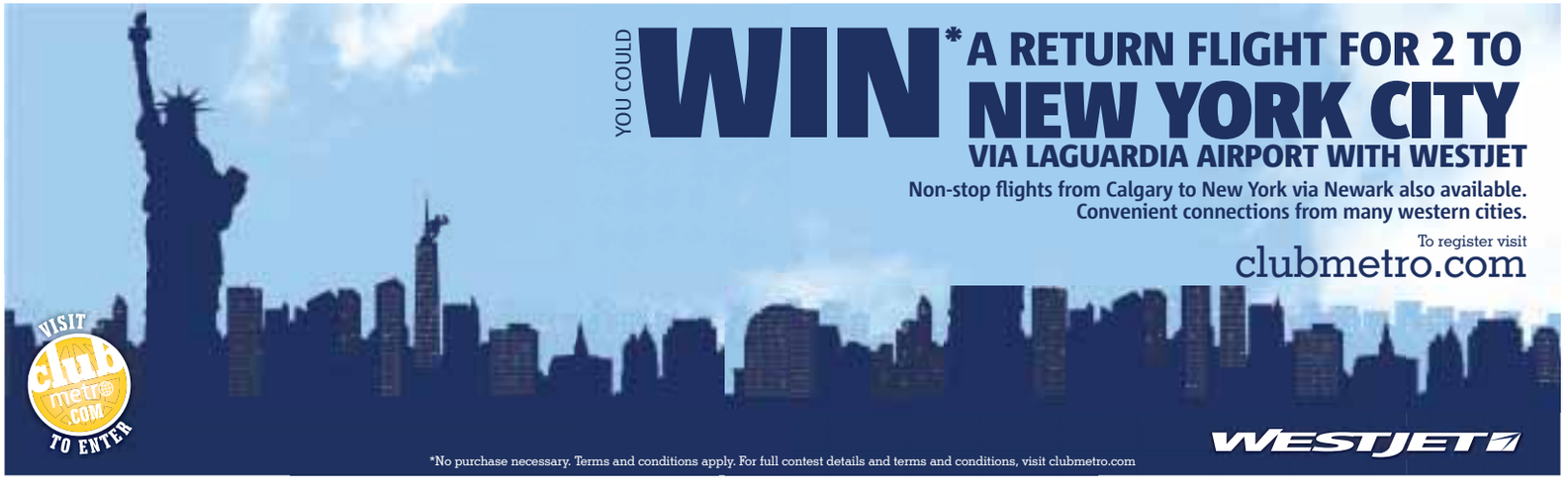
Estimated cost: $21-$200 for a family of four, includes ferry and cost of amusement park

Quiet, tranquility and arguably the city's best skyline view can be found on Toronto's islands. Just a quick ferry ride away, Centre Island, Hanlan's Point and Ward's Island provide relief from city life and promote relaxation. Centreville Amusement Park is a popular destination for families because of its 30 rides and attractions. Save $5 by buying an all-day park pass for four online.

5 Paint a picture in Peggys Cove, Nova Scotia

Estimated cost: Free to $30 for art supplies

One of the most recognizable lighthouses in the world, a trip to this eastern province isn't complete without a stop at Peggys Cove. Make your next trip there meaningful by getting each person to draw or paint their interpretation of the famous red and white lighthouse. It will be an experience and piece of art that you'll treasure forever.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Uniquely Indian spices and sweet honey take apple cake to next level

A delicious blend of Indian spices plus apples and honey make this a great cake for snacking or dessert. It's perfect to enjoy with a glass of ice tea on any summer weekend or bring along to a family get-together.

1. Line a 2-litre (9-inch) square baking pan with foil, allowing 5-cm (2-inch) overhang on 2 sides of pan; grease foil.

2. In a bowl, whisk together flour, ground almonds, baking powder, baking soda, cardamom, cinnamon, nutmeg, cloves and salt.

3. In a large bowl, beat egg with brown sugar until thick and creamy. Combine milk, oil and honey; add to egg mixture. Stir in flour mixture. Fold in apples; spread in prepared pan. Bake in a 180 C (350 F) oven for 35 to 40 minutes or until cake tester comes out clean.

4. Honey Almond Glaze: In a small saucepan, bring honey, apple juice and cardamom to a boil; reduce heat and simmer for about 5 minutes or until slightly thickened, stirring occasionally.

5. Place cake on wire rack and gently poke several holes in cake with fork. Carefully pour warm glaze over cake. Sprinkle with toasted almonds. Let cool for about 10 minutes, then lift cake out of pan using foil "handles." Serve warm or at room temperature.

FOODLAND ONTARIO/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Apple Honey Cake with Honey Almond Glaze

This recipe serves nine. THE CANADIAN PRESS H/O

Ingredients

- 325 ml (1 1/3 cups) all-purpose flour
- 150 ml (2/3 cup) ground almonds
- 2 ml (1/2 tsp) each baking powder and baking soda
- 4 ml (3/4 tsp) ground cardamom
- 2 ml (1/2 tsp) ground cinnamon
- 1 ml (1/4 tsp) ground nutmeg
- 1 ml (1/4 tsp) each ground cloves and salt
- 1 egg
- 125 ml (1/2 cup) packed brown sugar
- 50 ml (1/4 cup) each milk and vegetable oil
- 50 ml (1/4 cup) liquid honey
- 2 medium apples, peeled, cored and chopped

Honey Almond Glaze

- 125 ml (1/2 cup) liquid honey
- 30 ml (2 tbsp) apple juice or water
- 0.5 ml (1/8 tsp) ground cardamom
- 50 ml (1/4 cup) toasted sliced almonds

Drink of the Week

The Southside of Morocco Smoothie

- 3 strawberries
- 2 oz (30 ml) pomegranate juice
- 5 mint leaves
- 3/4 oz (20 ml) fresh lime juice
- 3/4 oz (20 ml) agave syrup (1:1 ratio with water)
- 1 slice fresh ginger
- 1 pinch cayenne pepper
- 1 - 2 tbsp (5 - 10 ml) almond butter

Add each ingredient to a blender or food processor and mix until well blended. Serve in a glass, with or without ice, and garnish with a mint sprig. For a slushy texture, blend ingredients with ice or substitute with frozen strawberries.

THE ASSOCIATED PRESS/ ALMONDBOARD.COM

Hand over that work contract

Shine with a shake.
Prepare your palms for any meet-and-greet

ELIAS
DA SILVA-POWELL
TalentEgg.ca

Starting your first entry-level or early career job will likely involve a small but significant action: the handshake.

Between networking, conferences, interviews and social events, you'll do a lot of handshaking in your life. U.S. president Theodore Roosevelt once shook more than 8,000 hands in a single day.

While you probably won't go quite that far, it's important to make sure you've got the basics in hand.

When your hands need a hand

Take a minute and really look at your hands.

Hands – the body's most versatile tool – often get neglected because they're in the middle of everything.

You may be advertising your hobbies without knowing it, in the form of paint, dirt or rough, calloused skin.

High-pressure situations can also create problems, as some people are prone to sweating when nervous. At the other end of the spectrum, cold weather can result in dry, cracked skin, which is not only painful, but unpleasant to look at.

Don't forget about your fingernails. Short, worried-looking nails suggest nail-biting (which a prospective employer may interpret as a lack of discipline), while unattended talons present a real risk of injury.

Perfect your pleasant palms

A soak in warm soapy water followed by a scrub with a nail brush will resolve most problems with dirt and grime. Wear gloves when working with your hands. Some retail stores carry a liquid solution which helps keep your hands stain-free.

Manage sweaty palms with over-the-counter products which will help your hands stay cool and dry. (At networking functions, be sure to hold your drink in your left hand.)

If you're prone to dry skin, find a non-greasy moisturizer that keeps your skin supple.

As a bare minimum, ensure your nails are trimmed and tidy.

This sort of care and attention helps avoid unpleasant surprises for someone joining you in a hand-clasp – surprises which might turn the friendliest individual off.

Don't be shook by the shake

Everyone dreams of the perfect "deal closer" handshake — the handshake that tells others, "I'm reliable, serious and here to get things done."

While you might think this means an iron grip and a wide smile, handshake protocol varies widely around the world. Different cultures have different conventions relating to bodily contact, handshake pressure and duration, eye contact, and when to shake hands.

RECENT QUEEN'S UNIVERSITY ENGLISH LANGUAGE AND LITERATURE GRADUATE ELIAS DA SILVA-POWELL IS A SUMMER MARKETING AND EDITORIAL INTERN AT TALENTEGG.CA WHO IS RETURNING TO QUEEN'S THIS FALL TO COMPLETE A MASTER'S DEGREE IN ENGLISH.

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Get a grip!

Handshake technique

- Employ a one-handed shake. Throwing both hands into the mix is overly intimate.
- Make sure your fingers are together and that your palm connects with the other person's palm squarely.
- Don't shake anyone's hand without standing up. Ever. If you can't be bothered to stand, you don't need to shake hands.

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SPORTS 4

Donald Fehr, executive director of the NHL Players' Association, speaks to reporters about ongoing labour talks with the league outside the NHL headquarters in New York on Tuesday. KATHY WILLENS/THE ASSOCIATED PRESS

NHLPA not ready to make counter-offer

NHL. A decrease in hockey-related revenue, term limits on contracts and a 22 per cent salary rollback part of league's package

NHL players began examining the league's proposed expansion of revenue sharing in the latest round of labour talks on Tuesday.

NHL Players' Association executive director Don Fehr said he can't make a counter-proposal on the league's full package, which included a decrease in hockey-related revenue, term limits on contracts and a 22 per cent salary rollback, until his group receives and examines requested team financial reports. The first batch — 76,000 pages — arrived late Monday night.

The meetings will continue Wednesday at the NHL offices in New York as the sides work to try to avoid another lockout that would threaten the upcoming season. More talks are scheduled next week when Fehr returns from a meeting with NHL players in Russia.

While both sides acknowledged negotiations are amicable and constructive, Fehr said players clearly are "not enamoured" with proposed limitations on contract lengths and a clause that would force them to wait longer before becoming unrestricted free agents.

Fehr wouldn't even say if he is encouraged by the revenue-sharing proposal.

"We haven't evaluated the changes from current revenue sharing to determine whether we think it's the appropriate thing to do or if it misses the mark in some respect," Fehr said.

The current collective bargaining agreement ends on Sept. 15.

The NHL has had two seasons disrupted by labour disputes over the past two decades. In addition to the cancellation of the 2004-05 season, almost half of the 1994-95 season was wiped out by a labour dispute. Training camps are scheduled to start on Sept. 16. The regular season is slated to begin on Oct. 11.

THE ASSOCIATED PRESS

NHL

Alfie not done in Ottawa just yet

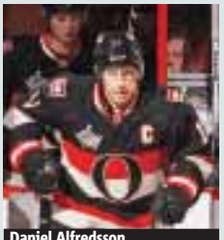
Ottawa Senators captain Daniel Alfredsson isn't ready to call it quits just yet.

The 39-year-old forward announced Tuesday he will return to play out the final year of his four-year contract with the NHL club.

Alfredsson said he needed to test himself in rigorous off-season training to see if his body could withstand another NHL campaign before deciding whether to return. The result was positive.

"I've had the motivation of playing from the beginning, but I had to go through the process," the right-winger said on a conference call from Sweden.

THE CANADIAN PRESS



Daniel Alfredsson
GETTY IMAGES FILE

CFL

Burris named offensive player of the week

Another week, another CFL offensive player of the week award for Henry Burris.

The Hamilton Tiger-Cats quarterback secured the honour for a second straight week after throwing four TD passes to rally his team to a 35-34 road win over the Saskatchewan Roughriders. Burris becomes the first player to win consecutive weekly awards since Winnipeg slotback Milt Stegall in 2006.

THE CANADIAN PRESS

Lots of talk, but no 11th-hour deals for Jays

There were no last-minute deals by Alex Anthopoulos at baseball's non-waiver trade deadline.

The Toronto Blue Jays GM said he had plenty of discussions leading up to the 4 p.m. ET deadline Tuesday, but never was really close to finalizing a deal.

"We thought we were moving towards something late last night ... it carried over into the morning and ended up falling apart," Anthopoulos said during a conference call. "That's just the way trade talks go, you have 1,000 conversations to hopefully get one deal done.

"We had a lot of active dialogue, we had a lot of things going on but I don't know if we were ever that close to getting anything done."

Quoted

"I don't think anybody wants us to make a bad deal."

Jays GM Alex Anthopoulos, on not making a big deal at Tuesday' non-waiver deadline.

Toronto did make a move prior to the deadline, recalling outfielder Moises Sierra from Triple-A Las Vegas and optioning left-hander Evan Crawford and right-hander Joel Carreno to the Pacific Coast League club.

Anthopoulos made two deals late Monday night, acquiring relievers Brad Lincoln and Steve Delabar. Toronto sent outfielder Travis Snider to Pittsburgh for right-hander Lincoln while outfielder Eric Thames, who was in Las Vegas, went to Seattle for Delabar, another right-hander.

Anthopoulos feels the two trades will not only help Toronto now but also in the future.

"We added two big-league players to our bullpen so I think we've improved our club," he said. "I don't think there's any doubt about that right now."

THE CANADIAN PRESS

Jays general manager Alex Anthopoulos at spring training in Dunedin, Fla., in March. DAVID COOPER/TORSTAR NEWS SERVICE

Mobile sports

Two finals, two golds. And all anybody wants to know about Chinese teen swimming sensation Ye Shiwen is whether she's doping. Ye, 16, has never failed a drug test, and Olympic organizers spent much of the day defending her, saying the suspicions were "crazy" and motivated by jealousy. Scan the code for the story.

Games in pictures

1 Foil. Lei takes fencing gold

China's Lei Sheng won the men's individual foil to claim his first major international gold medal on Tuesday, while Egypt's Alaaeldin Abouelkassem took silver, the first Olympic medal ever claimed by a fencer from Africa.
THE ASSOCIATED PRESS

2 Skulls. Canuck rowers bow out

Lightweight Canadian double sculls team Doug Vandor of Dewittville, Que., and Morgan Jarvis of Clearwater Bay, Ont., finished fourth in repechage and didn't advance to the semi-finals. THE CANADIAN PRESS

3 Basketball. U.S. cruise to another victory

Carmelo Anthony and Kevin Love scored 16 points apiece and Kevin Durant added 13 as the U.S. men's basketball team beat Tunisia 110-63.
THE ASSOCIATED PRESS

Canada lifts, dives and fights its way to 3 bronze on Day 4

Bronze medalist Christine Girard reacts during the women's 63 kg weightlifting final at the ExCeL centre on Tuesday. ROB CARR/GETTY IMAGES

Bronze medalists Roseline Filion, left, and Meaghan Benfeito dive Tuesday in the women's synchronized 10-metre platform final at the Aquatics Centre in Olympic Park. MICHAEL SOHN/THE ASSOCIATED PRESS

Canadian medal roundup. Canuck athletes have now captured four bronze at London Olympics

It was a multi-medal day for Canada at the London Olympics.

Antoine Valois-Fortier won a bronze in men's judo less than 30 minutes after the diving team of Roseline Filion and Meaghan Benfeito captured a bronze in the 10-metre synchronized event.

Quoted

"We had to dive our hearts out. We were ready"

Roseline Filion and her diving partner Meaghan Benfeito, captured a bronze in 10-metre synchronized diving event.

About an hour later, weightlifter Christine Girard captured bronze in the women's 63-kilogram class.

Canada now has four total medals after Tuesday's action, all bronze.

Valois-Fortier, a 22-year-old from Quebec City, defeated American Travis Stevens 1-0 in the bronze medal bout of the men's 81-kilogram judo event.

"It feels amazing. I've sacrificed so much and all of the fights today were very hard," Valois-Fortier said. "It was tough mentally but the whole team supported me and I managed to pull myself together. I wanted it really bad, it's what I work for every day."

Filion, from Laval, Que., and Benfeito, from Montreal, finished with a combined score of 337.62 for their diving bronze.

"We said there was nothing more we could have done," Filion said.

China continued to dominate the competition, with Chen Ruolin and Wang Hao winning the gold.

"They can make mistakes," added Benfeito. "We try to say we can win the gold. But they're amazing divers."

Paola Espinosa Sanchez and Alejandra Orozco Loza of Mexico took the silver.

Girard, who grew up in Rouyn-Noranda, Que., and lives in White Rock, B.C., completed the hat trick an hour later to become the first Canadian woman to ever win a weightlifting medal at a Games.

She finished third with a total weight of 236 kilograms.

"It is very hard to describe how I feel," Girard said. "Four years ago in Beijing I came fourth and since then I have spent the past four years training through injuries and various changes in my life to get to this moment."

Antoine Valois-Fortier, right, reacts after defeating Travis Stevens of the United States in the men's 81-kilogram judo event Tuesday. QUINN ROONEY/GETTY IMAGES

Maiya Maneza of Kazakhstan won gold, while Svetlana Tsarukaeva of Russia captured silver.

The medals come two days after Emilie Heymans and Jennifer Abel gave Canada its first of the Games with a third-place finish in the women's three-metre synchro.
THE CANADIAN PRESS

Phelps swims into record book with relay win

Michael Phelps celebrates winning gold in the men's 4 x 200m freestyle relay final Tuesday at the Aquatics Centre in Olympic Park. EZRA SHAW/GETTY IMAGES

Swimmer Michael Phelps became the most successful Olympian in history Tuesday with a gold and a silver medal that propelled him to a place in the sporting record books and the U.S. to 4x200 freestyle victory.

Phelps shattered the record for most Olympic medals ever with a frustrating defeat in the 200-metre butterfly that left him with silver, followed by a relay gold.

Phelps lost the 200-metre butterfly to South African Chad le Clos, when, after leading all the way, he tried to glide to the wall after his final stroke, opening the way for le Clos to touch the wall first instead. Japan's Takeshi Matsuda took the bronze.

Career medals

Phelps now has 15 gold, two silver and two bronze medals.

It was an astounding mistake considering he won a memorable race in Beijing when a rival made the very same error. He held his head in his hands as he stood in the pool and appeared upset with himself.

But in his second race of the night, the United States team of Ryan Lochte, Conor Dwyer, Ricky Berens and Phelps on the anchor leg won in six minutes, 59.70 seconds. France took the silver in 7:02.77, while China was third in 7:06.30. It was Phelps' first gold of these Olympics.

With 19 career medals spanning three Olympics, Phelps broke the record of Soviet gymnast Larisa Latynina, who won 18 medals in 1956, 1960 and 1964.

"You are now a complete legend," the public address announcer bellowed, accompanied by the Foo Fighters' song Best of You.
THE ASSOCIATED PRESS

Raonic's hopes 'slip away' in final set

Thornhill, Ont.'s, Milos Raonic and France's Jo-Wilfried Tsonga fully expected their match at the London Games to be a battle.

It turned out to be that and much more.

After a monster three-hour final set, Tsonga finally delivered the knockout blow by breaking Raonic's serve to secure a 6-3, 3-6, 25-23 victory and a spot in the third round.

Tsonga and Raonic opened play at the All England Club just after noon local time. They left Court 1 nearly seven hours later to deafening applause with their place in the Olympic record books secure.

"I felt like I played really well for most of the match and I just let it slip away from me at the end," Raonic said.

After splitting the first two sets, the players were on serve early in the decider when rain suspended play for almost three hours. When they returned to the court, neither player could find a hole in the other's service game.

Down 23-24 and needing to hold serve to stay in the match, Raonic fell into a big hole by dropping the first three points.

The Canadian saved the first of three match balls with a service winner. But at 15-40, he lunged to retrieve a drop shot and barely got enough of his racket on it to get it back over the net.

Tsonga was in position and smashed the return into the open court to seal the win.

"At the end I was just very happy for my country," Tsonga said. "I did it for them and that's it."

THE CANADIAN PRESS

Longest match

- The 48-game third set was by far the longest in Olympic history. The match also had the most number of games - 66 - in a best-of-three contest at a Games.
- The previous Olympic record in men's singles was 30 games in 2004 when Fernando Gonzalez defeated Taylor Dent in the third set, 16-14, to win the bronze medal.

Jo-Wilfried Tsonga, left, talks with Milos Raonic after Tsonga won their match at Wimbledon on Tuesday. MARK HUMPHREY/THE CANADIAN PRESS

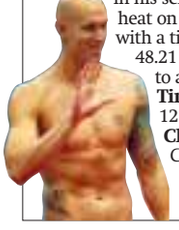
U.S. top rival Russians in team final

The Americans lived up to the hype and then some, winning their first Olympic gold medal in women's gymnastics since 1996.
Their score of 183.596 Tuesday was a whopping five points ahead of Russia. Romania won the bronze medal. Canada finished fifth. MATT DUNHAM/THE ASSOCIATED PRESS

Wednesday's 3 to watch

Men's cycling time trial

After having to do without team support in the Olympic road race, Canadian cyclist Ryder Hesjedal gets a more even playing field in Wednesday's individual time trial.
Time: 7:15 a.m.
Channel: Sportsnet



Men's 100-m final

Brent Hayden will try to reverse Canada's fortunes in the pool when he competes in the men's 100-metre freestyle final. The Mission, B.C., native finished fourth in his semifinal heat on Tuesday with a time of 48.21 seconds to advance.
Time: 12:30 p.m.
Channel: CTV

Men's diving

Three-metre synchronized diving, featuring three-time world champion and two-time Olympic medal-winning Canadian Alexandre Despatie and his partner Reuben Ross.
Time: 8 a.m.
Channel: CTV
THE CANADIAN PRESS

Saudi Arabia's Wojdan Ali Seraj Abdulrahim Shahrkhani at the opening ceremony Friday. THE CANADIAN PRESS FILE

Judo

Headscarf allowed for Saudi fighter

A female judo fighter from Saudi Arabia will be allowed to compete in the Olympics wearing a form of headscarf after a compromise was reached that respects the "cultural sensitivity" of the Muslim kingdom.

Judo officials had previously said they would not let Wojdan Ali Seraj Abdulrahim Shahrkhani compete in a headscarf because it was against the principles of the sport and raised safety concerns.

An agreement was reached after several days of IOC-brokered talks between the International Judo Federation and the Saudi Olympic Committee that clears the way for her to compete Friday in the heavyweight division.
THE CANADIAN PRESS

Day 4 results

MEDAL STANDINGS

53 of 302 total medal events

Nation	G	S	B	Tot
China	13	6	4	23
United States	9	8	6	23
France	4	3	4	11
South Korea	3	2	3	8
North Korea	3	0	1	4
Kazakhstan	3	0	0	3
Italy	2	4	2	8
Germany	2	3	1	6
Russia	2	2	4	8
South Africa	2	0	0	2
Japan	1	4	8	13
Australia	1	3	2	6
Romania	1	2	2	5
Brazil	1	1	1	3
Hungary	1	1	1	3
Netherlands	1	1	0	2
Ukraine	1	0	2	3
Georgia	1	0	0	1
Lithuania	1	0	0	1
Slovenia	1	0	0	1
Britain	0	2	2	4
Colombia	0	2	0	2
Mexico	0	2	0	2
Indonesia	0	1	1	2
Cuba	0	1	0	1
Denmark	0	1	0	1
Egypt	0	1	0	1
Poland	0	1	0	1
Sweden	0	1	0	1
Taiwan	0	1	0	1
Also				
Canada	**0**	**0**	**4**	**4**

WHAT CANADA DID

Tuesday at the 2012 London Olympics

BADMINTON

Women's doubles — Alex Bruce, Toronto, and Michele Li, Toronto, lost 21-8, 21-10, to Valeria Sorokina and Nina Vislova, of Russia, in Group A action.
Mixed doubles — Toby Ng, Vancouver, and Grace Gao, Calgary, lost 21-13, 21-16, Robert Mateusiak and Nadiezda Zieba, of Poland in Group B action.

JUDO

Men's 81-kg — Antoine Valois-Fortier, Quebec City, defeated Euan Burton, of Britain, in Ippon, Kata-guruma, in 1:45, in the round of 32. He defeated Srdjan Mrvaljevic, of Montenegro, in Waza-Ari, Tai-otoshi, in 5:00 in the round of 16. Valois-Fortier lost to Ivan Nifontov, of Russia, in Waza-Ari, Harai-goshi, in 5:00 in the quarter-finals. Valois-Fortier defeated Travis Stevens, of the U.S., for the bronze medal in Yuko, Te-Guruma of Repechage, in 5:00.

SWIMMING

Men's 4x200 freestyle relay — Canada finished seventh in its qualifying heat in 7:15.22 and failed to advance (Blake Worsley, Vancouver, 25.55; Colin Russell, Toronto, 2:13.01; Tobias Oriwol, Toronto, 4:01.79 and Alec Page, Victoria, 5:51.78).
Men's 100 freestyle — Brent Hayden, Mission, B.C, finished third in his qualifying heat in 48.53 and advanced. He finished fourth in his semifinal heat in 48.21 and advanced. Hayden finished sixth in his final heat in 48.21 and advanced to the 100m freestyle final.
Men's 200 breaststroke — Scott Dickens, Burlington, Ont., finished first in his qualifying heat in 2:10.95 and advanced. He finished eighth in his semifinal heat in 2:11.71 and failed to advance.
Women's 200 butterfly — Audrey Lacroix, Pont-Rouge, Que., finished sixth in her qualifying heat in 2:09.25 and advanced. Katerine Savard, Cap-Rouge, Que., finished seventh in her qualifying heat in 2:11.05 and failed to advance. Lacroix finished seventh in her semifinal heat in 2:08.00 and failed to advance.

ROWING

Men's double sculls — Michael Braithwaite, Duncan, B.C., and Kevin Kowalyk, Winnipeg, finished sixth in their semifinal heat in 6:38.94 and advanced to the final.
Men's lightweight double sculls — Douglas Vandor, Dewittville, Que., and Morgan Jarvis, Clearwater Bay, Ont., finished fourth in their repechage qualifying heat in 6:36.03 and advanced to the next heat.
Women's lightweight double sculls — Lindsay Jennerich, Victoria, and Patricia Obee, Victoria, finished second in their repechage qualifying heat in 7:15.37 and advanced to the next heat.

SAILING

Men's finn — Greg Douglas, Toronto, is in 15th place after the sixth race (75).
Men's star — Richard Clarke, Salt Spring Island, B.C., and Tyler Bjorn, Beaconsfield, Que., are in 13th place after the sixth race (50).
Men's 49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in 11th place after the fourth race (41).
Men's laser — David Wright, Toronto, is in 18th place after the fourth race (73).
Women's windsurfer — Nikola Girke, West Vancouver, B.C., is in ninth place after the second race (20).
Women's laser radial — Danielle Dube, Glen Haven, N.S., is in 25th place after the fourth race (96).

TENNIS

Men's singles — Milos Raonic, Thornhill, Ont., lost to Jo-Wilfried Tsonga, of France, in the second round, 6-3, 3-6, 25-23.
Men's doubles — Daniel Nestor, Toronto, and Vasek Pospisil, Vancouver, lost to Janko Tipsarevic and Nenad Zimonjic, of Serbia, in the second round, 6-4, 6-7 (5), 11-9.
Women's singles — Aleksandra Wozniak, Blainville, Que., lost to Venus Williams, of the U.S., 6-1, 6-3.

FENCING

Men's individual foil — Etienne Lalonde Turbide, Verdun, Que., lost to Alexander Massialas, of the U.S., 15-6, in the round of 32.

DIVING

Women's synchronized 10-m platform — Meaghan Benfeito, Montreal, and Roseline Filion, Laval, Que., won the bronze medal with a score of 337.62.

WEIGHTLIFTING

Women's 63-kg — Christine Girard, White Rock, B.C., won the bronze medal with a top weight of 236 kilograms.

GYMNASTICS

Women's team final — Elsabeth Black, Halifax; Victoria Moors, Cambridge, Ont.; Dominique Pegg, Sarnia, Ont.; Brittany Rogers, Coquitlam, B.C. and Kristina Vaculik, Whitby, Ont., finished fifth with a score of 170.804.

SOCCER

WOMEN

FIRST ROUND
GROUP E

	GP	W	D	L	GF	GA	Pts
Britain	3	2	0	0	5	0	9
Brazil	3	2	0	1	6	1	6
New Zealand	3	1	0	2	3	3	3
Cameroon	3	0	0	2	1	11	0

Tuesday, July 31
At Wembley, England
Britain 1, Brazil 0
At Coventry, England
New Zealand 3, Cameroon 1

GROUP F

	GP	W	D	L	GF	GA	Pts
Sweden	3	1	2	0	6	3	5
Japan	3	1	2	0	2	1	5
Canada	**3**	**1**	**1**	**1**	**6**	**4**	**4**
South Africa	3	0	1	2	1	7	1

Tuesday, July 31
At Cardiff, Wales
South Africa 0, Japan 0
At Newcastle, England
Sweden 2, **Canada 2**

GROUP G

	GP	W	D	L	GF	GA	Pts
United States	3	3	0	0	8	2	9
France	3	2	0	1	8	4	6
North Korea	3	1	0	2	2	6	3
Colombia	3	0	0	3	0	6	0

Tuesday, July 31
At Manchester, England
United States 1, North Korea 0
At Newcastle, England
France 1, Colombia 0

P&G
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PARTENAIRE
MONDIAL
4 Olympic medals in skates,
2 with pedals.
I'm almost 40
and bound for London 2012.
I WILL
OUTLAST FEAR
Clara Hughes
2012 Canadian Olympic Hopeful
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FEARLESSNESS. APPLY DAILY.
Secret
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DRIVE 5

Last-gen GS owners enjoyed supreme luxury

Second Gear.
2006 to 2012
Lexus GS

JUSTIN PRITCHARD
drive@metronews.ca

The last-generation Lexus GS offered up a healthy dose of reliable performance, owner satisfaction, and luxury to rival premium-sedan competition from Europe and the U.S.

Available from 2006 to 2012, it offered up numerous configurations and options to fine-tune it to a variety of needs and tastes. Look for navigation, a Mark Levinson stereo system, climate controlled leather seats, a sunroof, push-button start, xenon lights, Bluetooth and plenty more — depending on the model in question.

TORSTAR NEWS SERVICE

Common Issues

Check the condition of the factory tires, and listen for any brake 'squeal' as you stop. A major complaint of the GS is squeaky brakes — which could be the result of improper pads or excessive brake dust. Having the brakes serviced is likely to fix this problem.

Note that a faulty oil line on earlier models with the 3.5-litre engine could lead to oil 'starvation' at startup, resulting in a loud, clattering 'metal on metal' noise from within the engine. Ensure the GS you're test-driving is cold and hasn't been warmed up ahead of your arrival to conceal this sound.

Engine

Six or eight cylinder power was available, with between 245 and 324 horsepower on tap, depending on the engine. All Wheel Drive (AWD) was available too.

What Owners Like

Posh cabin appointments, overall comfort, performance, styling and a long list of gadgets are all enjoyed by Lexus GS owners. A smooth, quiet ride and high-quality, solid feel round out the package.

What Owners Dislike

Road noise, premature tire wear, dashboard rattles and some unintuitive controls are among the most common complaints.

Verdict

A GS that checks out electronically and mechanically should provide a supremely luxurious and dependable motoring experience. Count on paying a premium in the used market compared to some competitors.

Cash-saving realities for aspiring vehicle tuners

Tuning a favourite set of wheels is a pastime, or even a lifestyle, for thousands of young Canadians.

Using performance products to enhance that truck, wagon or sport-compact can be very rewarding — or a total waste of the aspiring tuner's hard-earned cash — depending on the level of knowledge at hand.

Your writer was an aspiring tuner not so long ago. Like most, I've wasted a pile of cash on stuff that offered little return on my investment. Over the years, I learned from building, racing, lapping and fixing my ride, and others, about several realities that could've saved me money along the way.

Here's a closer look.

High octane gas

If your car requires 87 octane and you feed it pricier 91 or 94 octane hoping for some performance benefit, you're wasting about 15 cents a litre. Higher octane fuel has no additional energy in it — so it won't make your stock Honda Civic or Subaru Impreza a spec more powerful, even with an intake or exhaust. Unless you're driving a high-performance car that's factory-engineered to run high-test fuel, save your money.

Brake upgrades

Slotted and cross-drilled brake rotors or 'track' brake pads are designed to maintain consistent stopping performance when exposed to the high levels of heat generated by driving on a racetrack. Driving on the street doesn't generate these levels of heat. So, on a car driven exclusively on the road, fancy brake parts are more of a cosmetic upgrade. Some 'track pads' offer limited performance until they're hot — meaning that on the street, your stopping power could suffer if you use them.

Expensive synthetic oil

Synthetic oil offers protection designed for high-performance, track-going Porsches, Ferraris and Lamborghinis. Even if you often redline first and second gear on the street, your engine won't generate enough sustained heat to break down conventional oil — let alone synthetic. So it typically amounts to overkill for the majority of drivers. There are other benefits of synthetic oil though, so do your homework and make sure you're not wasting your money.

+15 horsepower

As a general rule, avoid chips, modules, spark-plugs or pour-in-tank products sold at department stores and auto centres that say things like "+15 horsepower" on the package. These are typically bogus and targeted towards a shopper with extremely limited knowledge.

eBay exhaust

Be weary of 'cheap' exhaust headers, downpipes, mufflers and other parts. Skimping on things attached to your engine is a bad idea — especially when it comes to exhaust parts. Low quality knock-off pieces often leak, crack, split and cause major headaches. Plus they're often time consuming to remove and reinstall. So, seek high-quality parts — and save yourself the headache.

JUSTIN PRITCHARD/FOR METRO

On the Web

Scan code for more car reviews and news

Horoscopes

♈ Aries
March 21 - April 20
Let employers and people in positions of authority know what you can do. Let them know how hard you work and how much value you add to the tasks you undertake. Make sure you get the recognition you deserve.

♉ Taurus
April 21 - May 21
A new phase has begun but still you are clinging to the past. The planets indicate that it's time to move on and the sooner you come to terms with that fact, the sooner you will enjoy life again.

♊ Gemini
May 22 - June 21
Money matters may be high on your priority list at the moment but that does not mean your social life has to take a back seat. The approaching full moon will bring someone new and exotic into your life.

♋ Cancer
June 22 - July 23
Be generous with others today, even if you have fallen out with them over emotional or material issues that are important to you. There is no point holding grudges — the person it hurts most is you.

♌ Leo
July 24 - Aug. 23
The pace of life is picking up by the hour, if not the minute, and today and tomorrow you will have to react to situations that are not of your choosing. Stay calm and you'll do OK. Nothing can hurt you.

♍ Virgo
Aug. 24 - Sept. 23
Passions will be running high over the next 24 hours and there may be times when it all gets a bit too much for you. Those are the times when you need to back off and let things cool down a bit.

♎ Libra
Sept. 24 - Oct. 23
If nothing else, the approaching full moon will help you to see things from other people's point of view — and that's a useful talent to have. If you know how they think, you'll also know what to expect.

♏ Scorpio
Oct. 24 - Nov. 22
Something amazing will happen over the next 48 hours and although it may cause you a few moments of alarm, you can sense it's all good really. What is an upheaval for some can be an opportunity for you.

♐ Sagittarius
Nov. 23 - Dec. 21
Forget about how much something might cost you and go for it. If it engages your imagination then it must be good. Don't overanalyze what is really a quite simple situation.

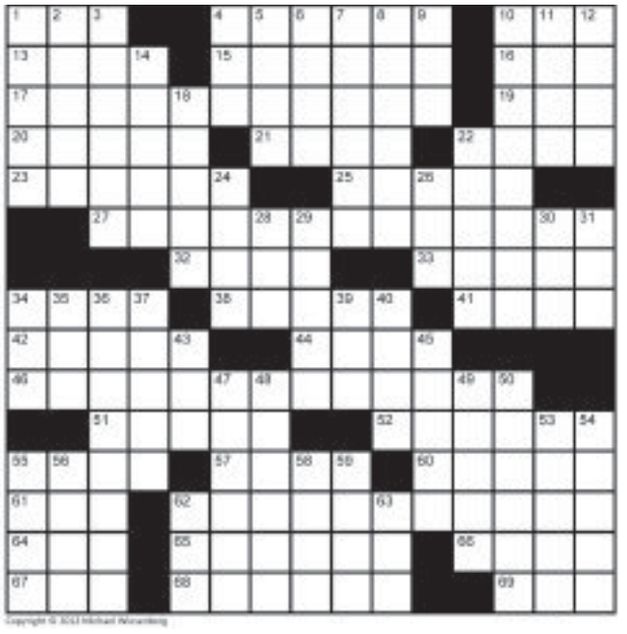
♑ Capricorn
Dec. 22 - Jan. 20
Tomorrow's full moon will bring to a head an issue that has been worrying you, but it's what you do today that will determine how much of an impact it has. Be cautious. This is not a time to take risks.

♒ Aquarius
Jan. 21 - Feb. 19
It's not like you to have second thoughts once your mind is made up about something but that's exactly what is happening. Could it be you have taken a wrong turning along the way? Yes.

♓ Pisces
Feb. 20 - March 20
You have every right to express your opinion — in fact it's more than a right, it's a duty. The reason powerful people don't like what you say is because they know it's the truth. All the more reason to say it. SALLY BROMPTON

Crossword: Prime Minsisters

BY MICHAEL WIESENBERG



Across

1. ___ constrictor: python relative
4. Divvied up
10. ___ of luxury
13. ___ Donald: what Huey, Dewey, and Louie called their uncle
15. Kansas capital
16. Anger
17. 13th PM John (1957-1963)
19. ATM charge
20. Successfully bypassed the bouncer
21. Margarine
22. Deliver cards
23. Isolate, as Napoleon Bonaparte, or leave as a castaway, like Gilligan
25. Christmases
27. 6th PM, whose 69 days in office in 1896 were the shortest term
32. "___ it down": put it on the floor
33. "Let's give ___!": "Let's try"
34. San Francisco's cops: abbr.
38. Dashboard engine speed gauges
41. Blizzard feature
42. 3: Fr.
44. 8: Fr.
46. 3rd PM (1891-2), between Macdonald and Thompson
51. TV hostess O'Donnell
52. Prepares clams
55. Revolve
57. Tae ___ do: karate type
60. Loosen, as laces
61. Help
62. Canada's first woman PM
64. Lower limb
65. "Rub-a-dub-dub, three men ___"
66. Early Ontario inhabitants
67. Before: poetic
68. Related on father's side
69. Snake's warning

Down

1. Barely move
2. Burger garnish
3. ___ acid: vinegar component
4. RR stop
5. Bum
6. "Be ___ and lend me 50 bucks, willya?"
7. Enters again, as data
8. Barely make, as a living
9. Pop folk singer-songwriter Williams
10. Time from cradle to grave
11. Acreage
12. Apple covering
14. ___ *Called Wanda*: 1988 John Cleese film
18. Former Chinese premier Chou ___
22. History and English, etc.: univ. divisions
24. Former: poetic
26. A ___: his (Fr.)
28. Meadow
29. ___ Sketch: classic drawing toy
30. Megalomaniacal feature
31. Tier
34. Rds.
35. End of the work wk.
36. Goldilocks meal
37. French city famous for mustard
39. Wheel center
40. Brothers and sisters, briefly
43. "Help!"
45. Compute the sum of
47. Backpacker's activity
48. Paul of *Cool Hand Luke*
49. Year that Claudius I was born
50. French fries, slangily
53. The M in MPG and MPH
54. 1990s tennis champ Monica with nine Grand Slam titles
55. Bargain hunter's delight
56. Docking platform
58. "He doesn't ___ bit afraid, does he?"
59. Astro or cosmo follower
62. Korean car manufacturer
63. Honorary U.K. title

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

					9		8	
4	8				1	3		
	3		2			9		
	5			9	6		7	
2								6
	1		5	7			4	
		7			5		3	
		3	6				5	2
	6		4					

Yesterday's Sudoku

8	2	5	4	9	3	7	1	6
6	3	9	1	7	8	4	5	2
4	1	7	2	5	6	8	9	3
1	5	3	9	8	4	2	6	7
2	6	4	7	3	1	5	8	9
9	7	8	5	6	2	1	3	4
5	9	1	6	2	7	3	4	8
3	4	2	8	1	9	6	7	5
7	8	6	3	4	5	9	2	1

Sharability

easy hard

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$100 = Feed a mother and child for five months

$250 = Feed five families for six weeks

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